

## ABSTRACT

The invention provides a composition which is effective in the prevention or delay of the onset of side effects associated with alcohol consumption or the reduction or alleviation of those effects. The composition of the invention includes activated charcoal and limestone, optionally activated limestone. Optionally, the composition of the invention also includes vitamin B1 and/or other agents such as fatigue relieving agents. Preferably, the composition of the invention is provided in the form of tablets or powder encapsulated in a gelatin capsule. The composition of the invention is provided in pre-dosed quantities varying from between about 100 and 500 milligrams per dose. The invention also provides a method of reducing or alleviating the deleterious effects associated with alcohol consumption. The method includes administration, preferably multiple administration at regularly spaced intervals before, during, and after alcohol consumption of a composition containing activated charcoal and activated limestone.